

## Our Presenter

Rev. Kerry Waller Dueholm



**Kerry** is a Licensed Clinical Professional Counselor specializing in children, couples, first responders and compassion fatigue. Kerry is a lifelong Disciple of Christ and was ordained at Saint Andrew in 2003. She lives in Wauconda, IL with her husband and four children.

## Music



Music will be provided by **Rachael Rule**. Rachael has studied piano performance at Central Michigan University and the University of Missouri-Kansas City. She is particularly interested in contemporary music and music by female composers.

## Book Swap

Our annual book swap is a great way to share books you're ready to pass along, and pick up something you'd love to read. Any leftovers are donated to Micah Ministries.

## Tall Oaks

Located on 350 beautiful woodland acres, Tall Oaks is a camp, retreat and conference center two miles east of Linwood, Kansas (about 30 minutes from Saint Andrew). Check out the Tall Oaks website, [talloaks.org](http://talloaks.org), for more information.

Watch for information coming soon about this year's service project!



**SAINT ANDREW**  
CHRISTIAN CHURCH

13890 West 127th Street, Olathe, KS 66062  
913-764-5888 • [www.sacchome.org](http://www.sacchome.org) • [office@sacchome.org](mailto:office@sacchome.org)

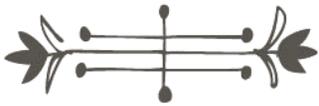
# Nurturing Wholeness, Cultivating Resilience



Saint Andrew Christian Church  
**Women's Retreat**  
May 3-4, 2019  
Tall Oaks Conference Center

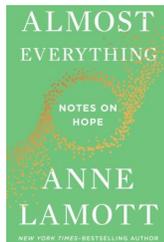
## Retreat Description

Life can be challenging. Challenges come from our health, our relationships, our work, our world. We don't get to choose whether challenges come, but we can choose how we react. This year's women's retreat will focus on the idea of resilience. What does it mean to be resilient? How can we be resilient physically, intellectually, emotionally and spiritually in the face of that? How can our resilience reflect our relationship with God, who created us to be whole? And how can we use our resilience to help others?



## Book Study

**Hatsie Mallicoat** will lead the discussion on ***Almost Everything: Notes on Hope*** by **Anne Lamott**. In this profound and funny book, Lamott calls for each of us to rediscover the nuggets of hope and wisdom that are buried within us that can make life sweeter than we ever imagined. ***Almost Everything: Notes on Hope*** pinpoints these moments of insight as it shines an encouraging light forward.



## Retreat Schedule

### Friday, May 3

- 5:00 Registration & Check-in
- 6:00 Dinner
- 7:00-8:30 Opening Session/**Rev. Dueholm**
- 8:45 S'mores at the Fire Pit & Telescope Viewing

### Saturday, May 4

- 7:30 Tai Chi & Morning Meditation/**Ann Karasek & Jody Gyulay**
- 8:30 Breakfast
- 9:30-10:30 Morning Session/**Rev. Dueholm**
- 10:45-11:45 Interest Groups
- 12:00 Lunch
- 12:45-1:45 Interest Groups
- 2:00-3:30 Afternoon Session/**Rev. Dueholm**
- 3:30-4:00 Closing Worship at Chapel

## To Register

Please detach and return registration form (*on the right*) with your payment to the church office or mail to:

Saint Andrew Christian Church  
13890 W. 127th Street, Olathe, Kansas 66062

(make checks payable to  
Saint Andrew Christian Church)

Call **Debbi Adams**, 913-764-5888 if you wish to pay by credit card.

**Attendees will receive a mailing** with additional information and directions to Tall Oaks Conference Center.

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_\_\$90 Early registration (**by April 21**)

\_\_\_\_\$100 Regular registration

\_\_\_\_\$50 Saturday only (includes 2 meals)

**No refunds after April 28**, but registration can be transferred to another person.

Scholarships are available -- contact **debbi@sacchome.org** for more information.

I would like to **carpool** from Saint Andrew

\_\_\_\_4:30 pm or \_\_\_\_5:30 pm (Friday)

\_\_\_\_7:30 am (Saturday)

Any dietary restrictions: \_\_\_\_\_

Roommate request(s) (if any): \_\_\_\_\_